

TRACY GEE COMMUNITY CENTER

November Event Calendar



Monday – Friday: 7:30 a.m. – 9 p.m. | Saturday: 8 a.m. – 4 p.m.

3599 Westcenter Drive, Houston 77042

832-927-1880 • hcp4.net/tracy-gee

Ongoing Programs

MONDAY

8 a.m. – 8:45 a.m. – Walk Aerobics
9 a.m. – 9:45 a.m. – Strength Training
Noon – 2 p.m. – Chess
3:30 p.m. – 4:30 p.m. – Freestyle Zumba
6 p.m. – 8 p.m. – Integral Tai Chi

TUESDAY

8 a.m. – 9 a.m. – Yoga
8:30 a.m. – 11:30 a.m. – Coffee Chats
9:15 a.m. – 10:30 a.m. – Stretch & Tone
10 a.m. – 2 p.m. – Tuesday Stitchers
11:45 a.m. – 3 p.m. – Duplicate Bridge
1 p.m. – 3:30 p.m. – Mexican Train
Dominoes

WEDNESDAY

8 a.m. – 8:45 a.m. – Walk Aerobics
9 a.m. – 9:45 a.m. – Cardio Combo
9:30 a.m. – 10:30 a.m. – Reading English
9:30 a.m. – 11:30 a.m. – Intermediate
Bridge Lessons
10 a.m. – 11 a.m. – Tai Chi & Wellness
Noon – 2 p.m. – Chess
Noon – 1 p.m. – re:MIND Support Group
1 p.m. – 4 p.m. – Line Dance
(3rd Wednesday of each month at 2 p.m.)
1 p.m. – 3 p.m. – Conversational Spanish
6 p.m. – 8 p.m. – Integral Tai Chi

THURSDAY

8 a.m. – 9 a.m. – Yoga
8:30 a.m. – 11:30 a.m. – Coffee Chats
9:15 a.m. – 10:30 a.m. – Stretch & Tone
10 a.m. – 11:30 a.m. – Current Events

FRIDAY

8 a.m. – 8:45 a.m. – Walk Aerobics
9 a.m. – 9:45 a.m. – Cardio Combo
9:30 a.m. – 11:30 a.m. – Beginner
Bridge Lessons
2 p.m. – 5 p.m. – Ping-Pong
3:30 p.m. – 5:30 p.m. – Acoustic Guitar
Jam

SATURDAY

10 a.m. – 2 p.m. – Open Games





HAPPY

Thanksgiving

*The center will be closed
Thursday, Nov. 23 - Saturday, Nov. 25*

This Thanksgiving Day we are grateful
for all of you!



FREESTYLE ZUMBA

Mondays, at 3:30 p.m.

Let's move and groove our bodies with our volunteer Alda, to some great music. No experience is needed, just a love of dance. All levels are welcome.

WALK AEROBICS

Mondays, Wednesdays, and Fridays, at 8 a.m.

This is a quick and easy three-mile video workout: Walk Away The Pounds. Join us indoors where the weather is always pleasant!

CHESS

Mondays and Wednesdays, at Noon

Check Mate! Join us for some friendly chess matches. All levels are welcome.

INTEGRAL TAI CHI

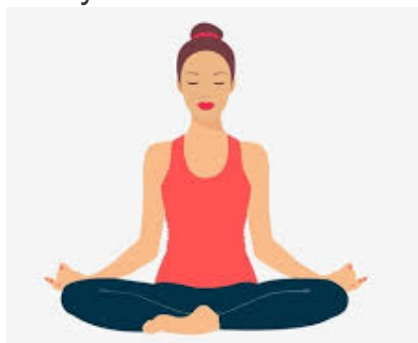
Mondays and Wednesdays, at 6 p.m.

The 10 forms of ITC are a series of exercises that include Yoga, Tai Chi, and Qi Gong. This holistic system integrates mind and spirit. Bring your own mat and wear comfortable clothing.

YOGA

Tuesdays and Thursdays, at 8 a.m.

In this class, a certified instructor blends many yoga traditions to benefit each student. Comfortable clothing and a mat are recommended. Any other equipment will be furnished by the center.



STRETCH & TONE

Tuesdays and Thursdays, at 9:15 a.m.

Our volunteer Judi has made this exercise easy for flexibility, balance, and strength for all fitness levels. Bands are provided by the center. Bring your mat to cool down with floor stretches after class.

COFFEE CHATS

Tuesdays and Thursdays, at 8:30 a.m.

Join us in the kitchen as we discuss life over coffee.

TUESDAY STITCHERS

Tuesdays, at 10 a.m.

Join fellow stitchers and enjoy a day of needlework. Bring your own material, project, and snacks! All are welcome!

MEXICAN TRAIN DOMINOES

Tuesdays at 1 p.m.

Join us for a great game of Mexican Train Dominoes, coffee, and fellowship. All levels are welcome!

BRIDGE LESSONS

Intermediate: Wednesdays, at 9:30 a.m.

Beginner: Fridays, at 9:30 a.m.

Come join our volunteer instructor as we learn to play bridge. Whether you are a beginner, or just need a refresher, we've got you covered. After attending our classes, you will be well on your way to becoming a better bridge player. Bring paper, a pencil, and an eager attitude!

TAI CHI & WELLNESS

Wednesdays, at 10 a.m.

Join us as our certified volunteer Jennifer teaches us the movements of this calming and relaxing exercise. These movements help reduce stress by releasing muscle tension and improving balance and mind-body coordination. The class will help enhance limb strength, improve flexibility in joints, and improve circulation.



CONVERSATIONAL SPANISH

Wednesdays, at 1 p.m.

Bienvenidos! Join this intermediate conversational course with fellow Spanish-speaking students. All materials will be provided.

LINE DANCE

Wednesdays, at 1 p.m. (3rd Wednesday at 2 p.m.)

Let's line dance our hearts out to the latest dance songs and some oldies.



CURRENT EVENTS

Thursdays, at 10 a.m.

All are welcome to join us for a healthy discussion on current issues of interest in today's news.

ACOUSTIC GUITAR JAM

Fridays, at 3:30 p.m.

Join our Friday afternoon jam session with fellow music enthusiasts. Bring your own acoustic guitar.



OPEN GAMES

Saturdays, at 10 a.m.

Saturdays are for board games, coffee, and fellowship! Bring a friend and come play Chess, Uno, Mah Jongg, Dominoes, or Scrabble. Start a puzzle, or bring your own game.

ELDER LAW WORKSHOP

Wednesday, Nov. 8, at 10:30 a.m.

This presentation will consist of the rights, responsibilities, and protections of Elder law. Class is subject to change.

Please contact center staff for more details. Online registration is required.



MONTHLY MOVIE SERIES

Thursday, Nov. 9, at 1 p.m.

Come join us for some popcorn and a movie. All are welcome! Subject to change. Please contact center staff for more details. Online registration is required.



FAMILY NIGHTS WITH HCPL CURIOSITY CRUISER

Thursdays, Nov. 2 to Dec. 7, at 3:30 p.m.

(Closed on Thursday, Nov. 23, for Thanksgiving)

All members of the family are invited for FREE Family Nights, featuring STEAM activities for children, fitness fun for the whole family, and more! Come join the fun every Thursday. This program is free and open to everyone in the community. Harris County Public Library's Curiosity Cruiser will be giving out FREE books to children, so come early! We can't wait to see you! The event is subject to change. Please contact center staff for more details. Online registration is required and is subject to change. Don't hesitate to get in touch with center staff for more details. Online registration is required.



DIWALI CELEBRATION

Saturday, Nov. 11, at 1 p.m.

Celebrate Diwali with us! We will be creating your own unique Rangoli in honor of celebrating Diwali. Come and join in on this colorful event! Class is subject to change. Please contact center staff for more details.

Online registration is required.



“FOR THIS, I AM THANKFUL” – THANKSGIVING LUNCHEON

Tuesday, Nov. 14, at Noon

Come celebrate and give thanks with others as we eat a traditional Thanksgiving meal. The price is \$12 per person and must be paid in exact change, during office hours. Payment is due by Friday, Nov. 10th. The event is subject to change. Please contact center staff for more details.



INTERNET SAFETY WORKSHOP

Thursday, Nov. 16, at 11 a.m.

Get an overview of scams and how to deal with them to help keep you safer online. Learn how to navigate the spam and promotions coming into your email inbox, and how to cut down on the amount you receive. Harris County Librarian Jacque Mitchell will lead this event. Class is subject to change. Please contact center staff for more details. Online registration is required.

November Special Events

FAILURES IN FLIGHT

Monday, Nov. 20 at 1:30 p.m.

Since the dawn of humanity, people have been determined to fly. Learn about the history of human flight, from tower jumping to the moon landing. A 30-minute paper airplane activity will follow this 30-minute presentation. Best suited for school-aged children. Class is subject to change. Please contact center staff for more details. Online registration is required.

THANKSGIVING KIDS CRAFT DAY

Tuesday, Nov. 21, at 11:30 a.m.

Come have fun at Tracy Gee as we make Thanksgiving arts and crafts! We will have a movie and popcorn, and light refreshments will be available! Class is subject to change. Please contact center staff for more details.

Online registration is required.

KID'S FALL FUN AFTERNOON

Wednesday, Nov. 22, at 10:30 a.m.

Please join us for an afternoon filled with arts and crafts. Let your creativity soar as we get ready for Thanksgiving! Class is subject to change. Please contact center staff for more details. Online registration is required.



LEARN HOW TO DEAL WITH SPAM

Tuesday, Nov. 28, at 10:30 a.m.

This class is presented by IT Specialist Michelle Richardson from Harris County Universal Services and will help you learn more about spam – in texts, emails, and phone calls. Also, learn of the latest scams and how to prevent yourself from becoming a victim. Class is subject to change. Please contact center staff for more details. Online registration is required.

Other Events

At Tracy Gee CC | Community Welcome

Harris County Precinct 4 declares no affiliation, endorsement, nor any partnerships with any of the groups or organizations hosting the following meetings.

Kung Fu & Self Defense

By Volunteer Instructor Johnny Lee

Tuesdays, at 7 – 9 p.m.

White Eyebrow is a traditional Kung Fu style that teaches various empty-hand forms and stances. All ages and experience levels are welcome.

Class is subject to change. Please contact center staff for more details.

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship group that comes together to find sobriety.

Westchase Nooners *Fridays, at Noon – 1 p.m.*

Drifters Group *Fridays, at 7:30 – 9 p.m.*

Living Philosophically in Life

By Abraham Madha, with Just Street Sense

Saturdays, Nov. 4 and 18, at 11:30 a.m.

These meetings are for everyone, especially veterans or those with PTSD who need a safe place to learn about coping with everyday life, and of available resources. Class is subject to change. Please contact center staff for more details.

Happy Healthy Holidays

By Janice Flewelling with Houston Methodist

Friday Nov. 17, at 10:30 a.m.

For people the holidays season is a time for celebration, tradition, and good times with family and friends. It can also be a time of stress, breaking from healthy habits, and for some, a time when memories or loved ones no longer with us can add sadness to an otherwise joyful time. This program takes a balanced approach to planning the holiday season for health, happiness, and a minimum of stress. Class is subject to change. Please contact center staff for more details.